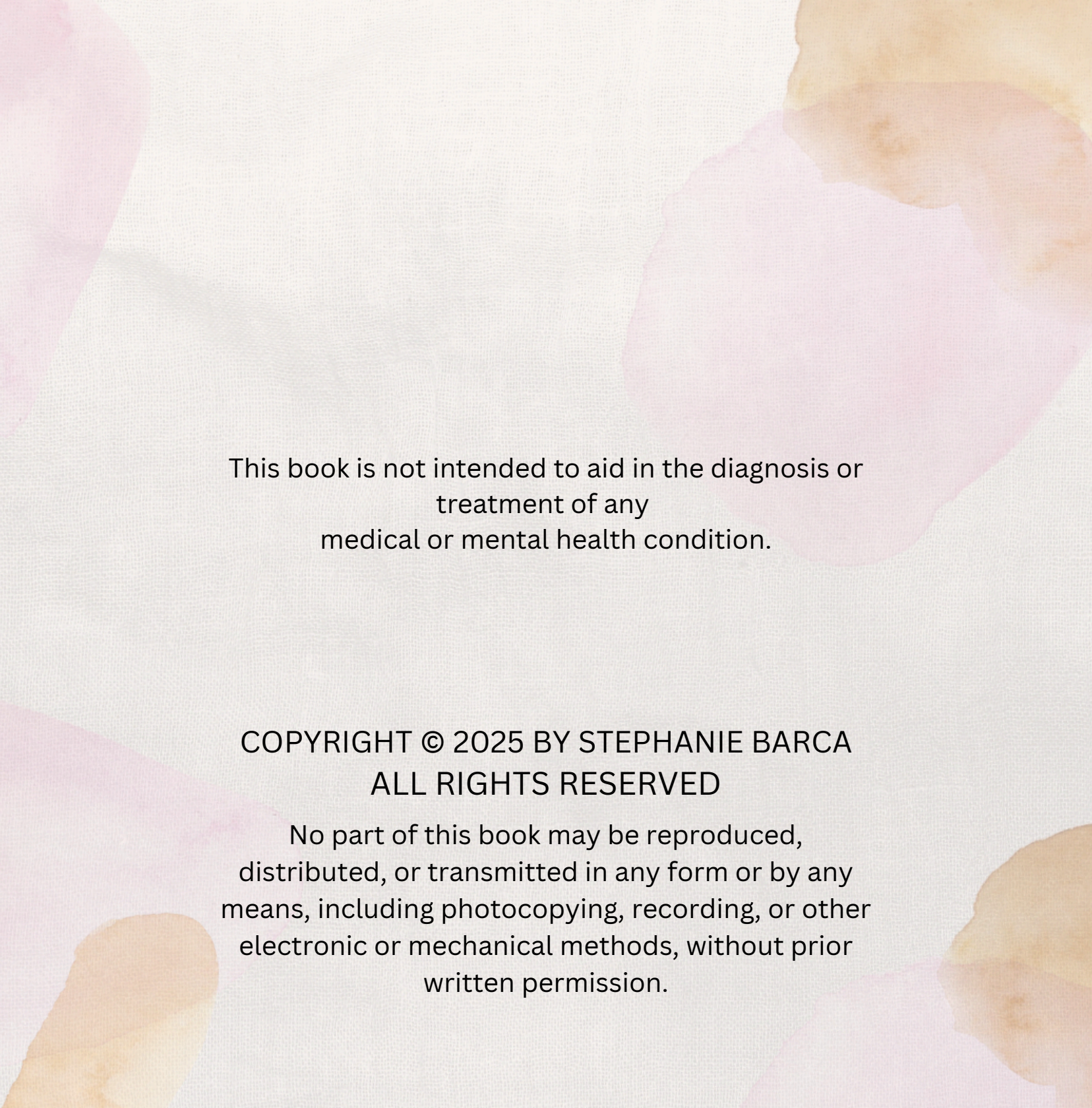


A is for Accept Help



An Alphabet for New Parents

By Stephanie Barca, LMSW



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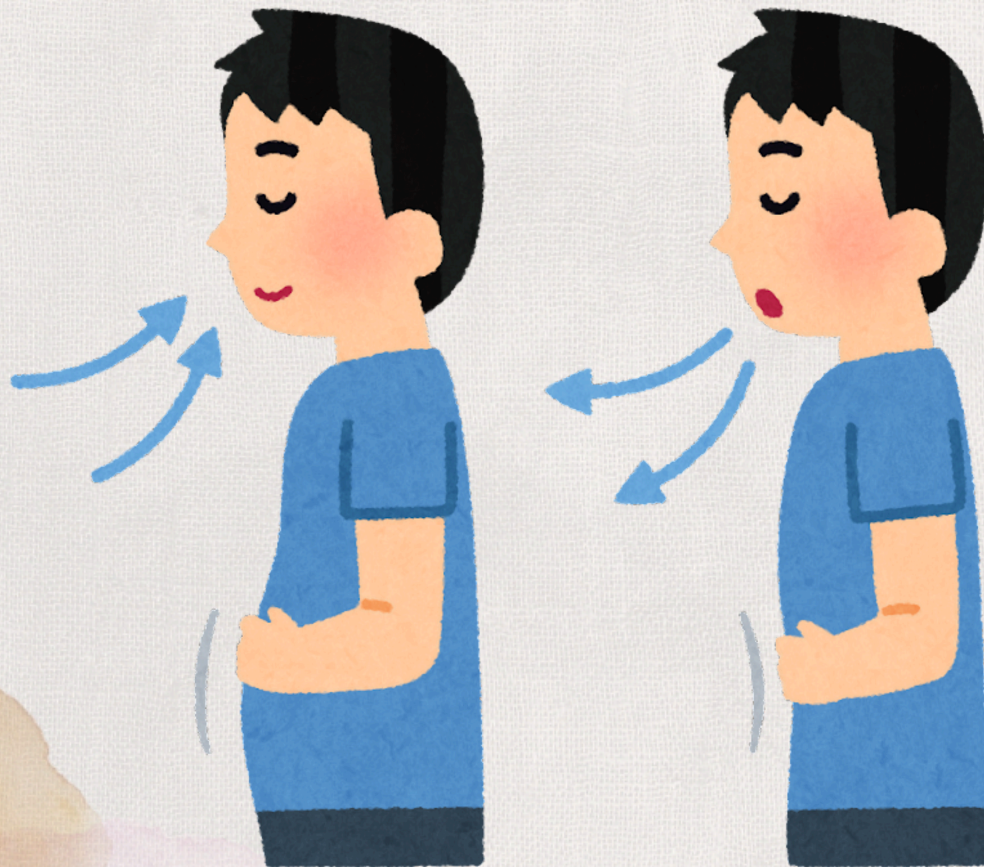
A is for Accept Help

Let others show
their love for you in
tangible ways.



B is for Breathe

Breathing connects you to yourself
and your present moment.



C is for Connect

Reach out to friends
and family for
support.



D is for Drink Water

Stay hydrated!



E is for Eat

Eat healthy foods.



F is for Fill Your Cup

Take a moment to do
something for you.

